



Green Goddess Potato Salad



1/8 of recipe (about 3/4 cup): 124 calories, 4g total fat (0.5g sat. fat), 451mg sodium, 15g carbs, 3g fiber, 5g sugars, 6.5g protein

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Prep: 30 minutes **Cook:** 10 minutes

Chill: 1 hour



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Ingredients

Salad

6 cups (about 1 large head) chopped cauliflower
10 oz. (about 2 small) white potatoes, peeled and cut into 1/2-inch pieces
6 hard-boiled egg whites, chopped
1 cup chopped onion
1/2 cup chopped celery

Dressing

2 cups fresh cilantro, basil, and/or parsley
1/2 cup fat-free plain Greek yogurt
1/2 cup light mayonnaise
2 tbsp. chopped chives, or more for topping
2 tbsp. seasoned rice vinegar
2 tsp. capers
1 tsp. chopped garlic
1/2 tsp. salt

Directions

Place chopped cauliflower and potatoes in a large microwave-safe bowl. Add 1/2 cup water, cover, and microwave for 6 minutes. Stir, recover, and microwave for 4 minutes, or until tender. Once cool enough to handle, drain excess water.

Transfer 2 cups of the cooked cauliflower (no potato) to a blender or food processor. Add all dressing ingredients. Blend/process until smooth and uniform. Add mixture to the large bowl, and stir to coat.

Add all remaining salad ingredients to the bowl. Mix well.

Refrigerate until chilled, at least 1 hour.

MAKES 8 SERVINGS

Prep/Cook FYI: Times do not include hard-boiling, peeling, and chopping the egg whites. If not done in advance, allow about 5 minutes for prepping and [20 minutes for cooking](#). Or look for hard-boiled eggs in the fridge section at the store!

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